

## Abstract

**Title:** Testing of a movement activity quality of Mělník female students.

**Objectives:** The aim of the work is to evaluate the movement mode and the movement activity quality of adolescent girls and in addition we will evaluate their body composition with the help of BMI and caliperation method.

**Methods:** We have worked out the thesis on the base of studying literary sources. 32 adolescent girls aged from 17 to 18 years studying the Secondary Grammar school of Jan Palach made up the examined file, their average body height was  $170,2 \pm 6$  cm, body weight  $63,3 \pm 8,8$  kilograms. The body composition was assessed with the help of BMI and caliperation method. Then we measured the amount of walked footsteps a day with the help of Omron pedometer and on the base of found out results we evaluated the movement mode of female students. Finally we evaluated each student's movement activity quality with the help of test set Unifittest 6-60. All the measuring and testing took place in standardized conditions with minimization of external impacts to provide the objectivity of measuring.

**Results:** It has been clear from the results of somatic measuring of body heights and weights that in comparison with the average of girls of the same age in the Czech Republic our examined file is 2,7 cm taller and 4,8 kg heavier in average. Immense differences have resulted in comparison with the results of body composition with the help of BMI and caliperation method. While with the help of BMI method 7 female students (e.g. 22% of the group) fall into excess weight category, with the help of caliperation method has been found out that figures of measured body skinfold at 15 female students (e.g. 47% of the group) exceeded the standard and showed excessive distribution of fat in body. From results found out from on the base of movement activity has been detected that 16 female students (e.g. 60% of the group) reached efficiency under the average and worse. Within the testing the tested group reached the average result 19 points which according to the Unifittest point standard 6-60 meant the under average level of movement efficiency. The average best group result 5,3 points, which according to Unifittest standards 6-60 meant the average level of efficiency, was reached by the female students in T1 discipline – Long jump from spot, while the average worst group result was reached in T4 discipline – 12-minute-run. The movement mode was shown to be insufficient, because the daily standard 10 000

footsteps a day recommended by us was accomplished three times during the measurement time in average. The female students have higher extent of movement activity during school days than at the weekend, which argued that school mode with physical education supports the movement activity of female students. The movement activity of female students culminated from Monday to Friday, which became the day with the highest level of movement activity of female students, Sunday was the day with absolutely lowest level of movement activity, which is clear from the low average value of walked footsteps a day.

**Key words:** adolescence, movement mode, Unifittest 6-60, test set, pedometer